

**Mayo Clinic Minute: Signs that stress is becoming toxic**

VIDEO	AUDIO
Jason	Everyone experiences stressful times, but can you tell when stress is becoming toxic?
<b>Beth Rush, Ph.D. Psychology Mayo Clinic</b>	“I think some key signs are when we’re not able to do our important life activities, like if we’re not able to remember our appointments or work, procrastinating on important things like paying our bills or buying groceries, or attending to our family members.”
Jason	Dr. Beth Rush, a Mayo Clinic neuropsychologist, says when stress reaches a point where a person can no longer function in a meaningful way, it might be a sign of something more severe, and you should see a health care provider.
Dr. Rush	“Something serious may be going on, like anxiety or depression, which needs to be treated and evaluated.”
Jason	She says stress can be unpredictable, and it’s important to take care of yourself.
Dr. Rush	“Sleep, eat well, make sure you’re exercising. Manage your emotions. Give yourself a timeout if you need to from activity or stimulation, or interaction.”
Jason	For the Mayo Clinic News Network, I’m Jason Howland.